

The Growth Mindset at MMS

In Carol Dweck's book Mindset, she explores the way in which people approach learning through the perspective of two mindsets – fixed or growth.

In a fixed mindset, people accept as true that their basic qualities, like their intelligence or talent, are fixed traits. They spend their time accepting their intelligence or talent instead of developing them. They also believe that talent by itself creates success—without effort.

In a growth mindset, people believe that their abilities can be improved through dedication and hard work— intelligence and talent are merely the beginning. This view creates a desire for learning and a resilience that is necessary for accomplishment.

Regional School District #19 received a grant from the CSDE to explore ways in which the sending school districts and Region #19 can develop a regional growth mindset. Out of this grant, a website was created:

<http://www.setyourgps.org/>

As school counselors, we teach a growth mindset to empower students to achieve. MMS school counselors access this website in a number of ways including administering the Mindset survey, the GRIT survey, using the videos accessible from the website which further explore the power of the affective domain in student achievement.